

# State Meals Program Cycle C 2007 **Cook's Menu Version**

| MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY   |
|---|--|---|---|--|
| <p>2 oz <b>Bk Chicken</b> ½ CS <b>1</b><br/>           ½ c <b>Creamed Potatoes</b><br/> <b>(Cream Sc for Potato)</b> 1CS<br/>           ½ c <b>Baked Squash</b> ½ CS<br/>           Seasonal Fresh Fruit (grapes) 1CS<br/>           (2 sl whole grain brd 2 CS)</p> <p>Early a.m. make Br Rice Pudding &amp; chill for Tues (baking time 2 ½ hrs)</p>  | <p>1-1/8 c Beef Stew 1½ CS <b>2</b><br/>           1 WhWheat Dinner Roll 1CS<br/>           ½ c Pineapple Tidbits 1 CS<br/>           ½ c Cran Jc Cocktail, low sugar ½ -1 CS<br/>           ½ c <b>Brown Rice Pudding</b> +<br/>           1T. Lite, WhipTopp 1½ CS<br/>           (0 bread)<br/>           Make Marin Veg Salad for Wed;</p>   | <p>1 c <b>Chili</b> 1½ CS <b>3</b><br/>           ¾ c <b>Marinated Veg Salad</b><br/>           1/2 CS<br/>           12 LS WhWheat Crackers<br/>           2 CS<br/>           ½ c <b>Cooked Apples</b><br/>           (0 bread)</p>   | <p>2 oz <b>Hot Beef on 1 sl whole</b> <b>4</b><br/> <b>grain bread</b> 1 CS<br/>           ½ c <b>Mashed potatoes</b> 1 CS <b>3</b><br/>           3 oz <b>Gravy</b> 0 CS<br/>           ½ c <b>Corn Broccoli Bake</b> 1CS<br/>           OR ½ c cks choice 2<sup>nd</sup> LS veg<br/>           ½ c Peaches, light syrup 1CS<br/>           ½ c Vanilla Ice Cream 1 CS<br/>           (1 whole grain bread 1 CS)</p>                                 | <p>1c <b>Macaroni &amp; Cheese</b> 3CS <b>5</b><br/>           ½ c LS Stewed Tomatoes or fresh slice tomatoes in season<br/>           1 Seasonal Fresh Fruit (banana) 2 CS<br/>           ½ c SF Butterscotch Pudd +<br/>           1 T whip topping 1CS<br/>           (1 whole grain bread 1 CS)</p>                              |
| <p>1 1/8c Beef &amp; Noodles 1½ CS <b>6</b><br/>           1+ c <b>Tossed Salad</b> with<br/>           2T <b>French Dressing</b>,<br/> <b>Reduced Fat &amp; Sodium</b> or<br/>           ½ c Cks choice 2<sup>nd</sup> LS Vegetable<br/>           ½ c Parslied Carrots ½ CS<br/>           ½ c Plums, light syrup 1½ CS or<br/>           unsw stewed prunes if plums unavail<br/>           1 sl whole grain bread 1CS<br/>           Make Angelfood Cake for Tues</p> | <p>2 oz Rst Turkey <b>7</b><br/>           ½-2/3 c Bk Sweet Potato 2 CS<br/>           ½ c Ck Froz Green Beans +<br/>           1 tsp margarine<br/>           2 T Cranberry Sc (#30) 1CS<br/>           ½ c slice fresh strawberries<br/>           + ¼ c whip topping 1CS<br/>           1/12 angelfood cake (mix) 2CS<br/> <b>Birthday menu</b><br/>           (2 sl whole grain brd 2 CS)</p>      | <p>3 oz Roast Pork <b>8</b><br/>           ½ c <b>Mashed potatoes</b> 1CS<br/>           3 oz <b>Gravy</b> 0 CS<br/>           1/3 c <b>Seasoned Spinach</b><br/>           OR ½ c cks choice 2<sup>nd</sup> LS Veg<br/>           ½ c Apricots, light syrup<br/>           1CS<br/> <b>Cranberry Orange Bar</b> 1CS<br/>           (2 whole grain brd 2 CS)</p>  | <p>1c <b>Chicken Alfredo</b> 2 CS <b>9</b><br/>           ½ c Italian Vegetables + 1 tsp<br/>           margarine<br/>           ½ c <b>Fruit (apple) crisp</b> 1½ CS<br/>           ½ c grape Juice, 1½ CS<br/>           (1 sl whole grain bread 1 CS)</p>  | <p>1 piece <b>Meatloaf</b> ½ CS <b>10</b><br/>           ½ c Baked Potato 1CS<br/>           1 T Light Sour Cream<br/>           ½ c Lima Beans with 1 t.<br/>           Pimento<br/>           ½ c Pineapple Tidbits in Jc<br/>           1 CS<br/>           1-2 whole wheat dinner rolls<br/>           1 CS each (1 oz each)</p> |
| <p><b>Taco Casserole</b> 2 CS <b>11</b><br/>           ½ c Green Beans, Ckd Froz<br/>           1+ c <b>Tossed Salad</b> or<br/>           ½ c Tomatoes, Low Sodium<br/>           2T <b>French Dressing, Reduced</b><br/> <b>Fat &amp; Sodium</b><br/>           ½ c Applesauce, unsw 1CS<br/>           (1 whole grain brd 1 CS)<br/>           Make Fruity Slaw for Tues</p>   | <p>1 c <b>Chicken &amp; Dressing</b> <b>12</b><br/> <b>Casserole</b> 2CS<br/>           ½ c <b>Mashed potatoes</b> 1 CS<br/>           3 oz <b>Gravy</b><br/>           ½ c Carrots<br/>           ½ c <b>Fruity Slaw</b> ½ CS<br/>           Seasonal Fresh Frt<br/>           (1/2 c grapes) 1 CS<br/>           (1 sl whole grain brd 1 CS)<br/>           Make Jello Salad for Wed chill cover</p> | <p>1½ c <b>Goulash Hungarian</b> <b>13</b><br/>           3 CS<br/>           ½ c <b>Corn O'Brian</b> 1CS<br/>           ¾ c <b>Lime Jello, SF, with</b><br/> <b>Mandarin Oranges</b> ½ CS<br/> <b>Oatmeal Fruit Muffin</b> 2CS<br/>           + 1 tsp margarine</p>  | <p>2-2 ½ oz <b>Pork Chop</b> <b>14</b><br/> <b>w/ Celery Sauce</b> 0 CS<br/>           ½ c <b>Bk Brown Rice</b> 1½ CS<br/>           ½ c Winter Blend + 1 tsp marg<br/>           OR ½ c Tomato Juice, LS<br/>           2 T Cranberry Sc (#30) 2CS<br/>           ½ c Frt Cocktail, lite syrup 1CS<br/>           (1 sl whole grain bread 1 CS)</p>  | <p>2 oz <b>Bk Chicken</b> ½ CS <b>15</b><br/>           ½ c <b>Mashed Potatoes</b> 1CS<br/>           3 oz <b>Gravy</b> 0 CS<br/>           ½ c <b>Harvard Beets</b> 1 CS<br/>           ½ c <b>Fruit Crisp (Peach)</b><br/>           1½ CS<br/>           (2 sl whole grain brd 2 CS)</p>  |
| <p>3 oz <b>Hamburger</b> <b>16</b><br/>           2 oz Whole Wheat Bun 2CS<br/>           ½ c Hash Browns 1 CS<br/>           ½ c Cn Baked Beans 2 CS<br/>           Lettuce Leaf/3 tomato slices<br/>           ½ c Pears, light syrup 1CS<br/>           (0 bread)<br/>           Make Jello salad for Tues</p>   | <p>¾ c <b>Turkey Ala King</b> 1CS <b>17</b><br/>           ½ c <b>Mashed Potatoes</b> 1 CS<br/>           ½ c Ck Froz peas 1CS<br/>           ¾ c <b>Lime Perfection Salad</b><br/>           ½ CS<br/>           Fresh frt (orange) 1-2 CS<br/>           (2 whole grain brd 2 CS)<br/>           Omelet/Cinn Rolls started for Wed</p>   | <p>3X3" <b>LS Ham Potato</b> <b>18</b><br/> <b>Omelet</b> 1 CS<br/>           ½ c Ck froz green beans<br/>           2 oz Cinnamon Roll 2 CS<br/>           (ie., 2oz of Rhoads cinn roll)<br/>           ½ c Plums, light syrup 1CS<br/>           (0 bread) Chill apples for Thurs</p>  | <p>2 oz <b>Parmesan Chicken</b> <b>19</b><br/>           ½ c <b>Parslied Potato</b> 1CS<br/>           ½ c <b>Bk Winter Squash</b> 1 CS<br/>           ½ c <b>Waldorf Salad</b> 1 CS or<br/>           ½ c apple juice (those can't chew)<br/>           ½ c Choc SF Pudding +<br/>           1 T whipped topping 1CS<br/>           (2 sl whole grain bread 2 CS)</p>  | <p>3 oz "Brd" <b>Bk Fish</b> ½ CS <b>20</b><br/>           Or cook's choice LS meat<br/>           ½ c <b>Company Potatoes</b><br/>           1½ CS<br/>           ½ c LS Stewed Tomatoes<br/>           ½ c Tropical Frt, light 1CS<br/>           (2 sl whole grain brd 2 CS)<br/>           Only 1 tsp marg to keep sodium ↓</p>  |
| <p>2 oz <b>Salisbury Steak</b> <b>21</b><br/> <b>in (Gravy)</b> ½ CS <b>serve over rice</b><br/>           ½ c <b>Bk Brown Rice</b> 1½ CS<br/>           ½ c <b>Steam Cabbage</b> + 1 t pimento<br/>           ½ c Apricots, light syrup 1CS<br/>           (2 sl whole grain brd 2 CS)<br/>           Make cranberry salad for Tues</p>  | <p>2 oz Roast Turkey <b>22</b><br/>           ½ c <b>Mashed Potatoes</b> 1 CS<br/>           3 oz <b>Gravy</b> 0 CS<br/>           1/2 c Corn O'Brian 1 CS OR<br/>           ½ c cks choice 2<sup>nd</sup> LS Veg<br/>           ¾ c <b>Crunchy Cranberry Salad</b> on<br/>           ¼ c shredded Lettuce 1½ CS<br/>           (1-2 whole wheat rolls 1 CS ea)</p>                                    | <p>1-1 ¼ c <b>Spaghetti/</b> <b>23</b><br/> <b>meat sauce</b> LS 2 CS<br/>           ½ c Ckd Froz Peas 1 CS<br/>           1+ c <b>Tossed Salad</b> or<br/>           ½ c Tomato Juice, Low Sodium<br/>           2T <b>French Dr.</b><br/> <b>Reduced Fat &amp; Sodium</b><br/>           1 oz French Bread (1 CS)<br/>           ½ c Peaches, light syrup 1 CS<br/>           (0 additional brd) Rst Rst beef</p> | <p><b>French Dip Sandwich</b> <b>24</b><br/>           (2 oz rst beef, 2 oz whole gr brd, ¼<br/>           c LS Beef Broth) 2CS (broth can<br/>           be omitted for those that don't want)<br/>           ½ c <b>Potato Salad</b> 1½ CS<br/>           ½ c Grape Juice 1½ CS<br/>           Seasonal Fruit (banana) 2CS<br/>           ½ c vanilla ice cream 1 CS<br/>           (0 addit bread)<br/>           Ck chicken/make slaw for Fri</p> | <p>1 c <b>Chicken &amp; Noodles</b> <b>25</b><br/>           2CS<br/>           1/3 c <b>Seasoned Spinach</b><br/>           OR ½ c cks choice 2<sup>nd</sup> LS veg<br/>           ½ c <b>Fruity Slaw</b> ½ CS<br/>           ½ c Pears, lite syrup 1 CS<br/>           (2 sl whole grain brd 2CS)</p>                              |

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| <b>Recipe and menu abbreviations:</b><br><b>AP</b> As Purchased<br><b>EP</b> Edible Portion<br>~ Approximately<br><b>CHO</b> Carbohydrate<br><b>CS</b> Carb Servings | <b>CS</b> = Carb Serving<br>Each CS = ~ <b>15 grams CHO</b><br>for diabetics who are<br>controlling CHO intake<br><br><b>LS</b> Low Salt/Low Sodium<br><b>SF</b> Sugar Free | <b>SF gelatin (Jello) measure:</b><br>.1 oz = ~7/8 t.<br>.5 oz or ½ oz = 4 2/3 t or ~1 ½ T<br>.6 oz = 5 ½ t<br>Each oz = ~ 3 T<br>1/8 oz = ~ 1 1/8 t. | Sites that bake bread/rolls:<br>Where 2 slices of whole grain bread are listed a 2 oz whole grain roll may be substituted/ if 1 slice of whole grain bread is listed a small (1 oz) whole grain roll may be served. | <b>SF instant pudding (Jello brand) measure:</b><br>1 oz = 5 T or ¼ c + 1T<br><br><b>1 cup nonfat or 1% milk &amp; 1 cup water</b> are included in the analysis each day and should be served daily |
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**RECIPES are included for BOLDED underlined items on this cycle.** Underlined unbolded recipes are from previous cycle(s).

**All meals include:** 2 serving bread/grain products, 1 tsp. soft margarine/ slice bread, 1 c 1% milk, 1 c water & 1 c coffee i.

Where less than 2 slices bread listed other grain products were run in the nutritional analysis. Each 1 oz slice bread = ~ 1CS

Record any menu substitutions necessary on the menu substitution form. Occasional *permanent menu changes are allowed but must be RD approved and signed off with analysis sent to State office upon request.*

**ANY ITEM WITHOUT A RECIPE is to be cooked/prepared without added salt.**

**Check menu ahead and defrost meats 2-4 days (depending on quantity) ahead in refrigerator.**

**Canned Fruits:** Purchase in *extra light syrup* (preferred), light syrup or in water or juice (each 15 grams CHO=1 CS & ~½ c/serv)

**High Vitamin K vegetables:** cooks may offer choice of vegetable when there are high Vit K vegetables on the menu for those who avoid Vit K

**Gelatins** (Jellos) are all **Sugar Free (SF)** on menu; **Pudding mixes** are **Sugar Free** Instant Pudding mixes.

**VEGETABLES are to be frozen or salt free canned. Vegetable Blends** on cycle menus (using mixtures in Nifda brand):

California Blend = Broccoli, Cauliflower, Carrots; Oriental Blend = Broccoli, Onions, Mushrooms, Green Beans, Winter Blend = Broccoli, Cauliflower, Italian Blend = Italian beans, carrots, \_\_\_\_\_

**Fish:** When fish is on the menu offer a cook's choice LS meat for non-fish eaters;

#### **MEASURES:**

1 Tablespoon = 1T. = 3 teaspoons = 3 tsp or t. **A PINT is a POUND (of liquid) the WORLD AROUND**

1 cup = 16 Tablespoons

Many other solid, heavy measures of 1 pint also = 1 pound

1 pint = 2 cups

Light things like lettuce salad, etc will not weigh 1 pound for 1 pint

1 quart = 4 cups

¼ **cup** = 4 Tablespoons; 1/3 **cup** = 5 1/3 Tablespoons; ½ **cup** = 8 Tablespoons;

1 gallon = 4 quarts = 16 cups

2/3 **cup** = 10 2/3 Tablespoons; ¾ **cup** = 12 Tablespoons

#### **SCOOPS:**

#6 = 2/3 cup = 10 2/3 T.

#30 = 2 T.

The number on the scoop = # level scoopfuls in 1 quart of product.

#8 = ½ cup = 8 T.

#40 = 1 2/3 T.

For example: eight #8 scoops = 1 quart. 1 quart = 4 cups so, four cups

#10 = 3/8 cup = 6 T.

#50 = 3 ¾ t.

divided by 8 (scoop size) = ½ cup; ½ c is the measure of a #8 scoop

#12 = 1/3 cup = 5 1/3 T.

#60 = 3 ¼ t.

when level.

#16 = ¼ cup = 4 T.

#70 = 2 ¾ t.

#20 = 3 1/3 T.

#100 = 2 t.

#24 = 2 2/3 T.

#### **LADLES AND PORTION SERVERS: Spoodles (available solid or perforated):**

Fluid Ounces

Approximate Measure

Fl. Oz.

Approx. Meas.

Fl. Oz.

Approx. Meas

1 oz

1/8 cup = 2 T

4 oz

1/2 cup = 8 T.

12 oz

1 ½ cups

2 oz

¼ cup = 4 T

6 oz

¾ cup = 12 T.

16 oz

2 cups or

3 oz

3/8 cup = 6 T

8 oz

1 cup = 16 T

1 pint or 1 pound of liquid